

Rainier Beach Pool SWIMMING LESSONS January 6th – March 29th

Registration Begins:
Online:
In Person:
By Phone:

December 3rd at 12 noon
www.seattle.gov/parks
8825 Rainier Ave S.
206.386.1925

PARENT & CHILD AQUATICS

Ages: 6 months - 4 years

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

THREE-YEAR-OLD LESSONS

Age: 3 years old

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

FAMILY LESSONS

Age: 4-8 years old

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and lifejacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

BEGINNING SWIMMER LESSONS

Ages: 6 - 16

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

SPECIAL POPULATIONS LESSONS

Ages 6-17

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

ADVANCED SWIMMER LESSONS

Ages: 6 - 16

Prerequisite: Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

ADULT STROKE DEVELOPMENT

Ages 16 and up

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

ADULT LESSONS

Ages 16 and up

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

CLOSURES:

Monday, January 20th 2020

Monday, February 17th 2020

REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

| Class | Days | Start Time | End Time | Start | End | # Classes | Cost | Barcode |
|--|------|------------|----------|-------|------|-----------|----------|---------|
| Parent and Child Aquatics Ages 6 months old to 4 years old | Mon | 10:00 AM | 10:30 AM | 1/06 | 3/23 | 10 | \$80.00 | 29530 |
| | Mon | 6:00 PM | 6:30 PM | 1/06 | 3/23 | 10 | \$80.00 | 29531 |
| | Tue | 10:00 AM | 10:30 AM | 1/07 | 3/24 | 12 | \$96.00 | 29532 |
| | Tue | 5:30 PM | 6:00 PM | 1/07 | 3/24 | 12 | \$96.00 | 29533 |
| | Wed | 10:30 AM | 11:00 AM | 1/08 | 3/25 | 12 | \$96.00 | 29520 |
| | Wed | 5:00 PM | 5:30 PM | 1/08 | 3/25 | 12 | \$96.00 | 29521 |
| | Thu | 10:00 AM | 10:30 AM | 1/09 | 3/26 | 12 | \$96.00 | 29522 |
| | Thu | 5:30 PM | 6:00 PM | 1/09 | 3/26 | 12 | \$96.00 | 29523 |
| | Fri | 10:00 AM | 10:30 AM | 1/10 | 3/27 | 12 | \$96.00 | 29524 |
| | Fri | 5:30 PM | 6:00 PM | 1/10 | 3/27 | 12 | \$96.00 | 29525 |
| | Sat | 9:00 AM | 9:30 AM | 1/11 | 3/28 | 12 | \$96.00 | 29526 |
| | Sat | 9:30 AM | 10:00 AM | 1/11 | 3/28 | 12 | \$96.00 | 29527 |
| | Sun | 9:30 AM | 10:00 AM | 1/12 | 3/29 | 12 | \$96.00 | 29528 |
| | Sun | 10:00 AM | 10:30 AM | 1/12 | 3/29 | 12 | \$96.00 | 29529 |
| 3 Year Olds | Mon | 10:00 AM | 10:30 AM | 1/06 | 3/23 | 10 | \$140.00 | 29560 |
| | Mon | 5:00 PM | 5:30 PM | 1/06 | 3/23 | 10 | \$140.00 | 29561 |
| | Mon | 6:00 PM | 6:30 PM | 1/06 | 3/23 | 10 | \$140.00 | 29562 |
| | Tue | 10:00 AM | 10:30 AM | 1/07 | 3/24 | 12 | \$168.00 | 29563 |
| | Tue | 10:30 AM | 11:00 AM | 1/07 | 3/24 | 12 | \$168.00 | 29564 |
| | Tue | 4:30 PM | 5:00 PM | 1/07 | 3/24 | 12 | \$168.00 | 29565 |
| | Tue | 5:30 PM | 6:00 PM | 1/07 | 3/24 | 12 | \$168.00 | 29566 |
| | Wed | 10:00 AM | 10:30 AM | 1/08 | 3/25 | 12 | \$168.00 | 29544 |
| | Wed | 10:30 AM | 11:00 AM | 1/08 | 3/25 | 12 | \$168.00 | 29545 |
| | Wed | 5:00 PM | 5:30 PM | 1/08 | 3/25 | 12 | \$168.00 | 29546 |
| | Wed | 6:00 PM | 6:30 PM | 1/08 | 3/25 | 12 | \$168.00 | 29547 |
| | Thu | 10:00 AM | 10:30 AM | 1/09 | 3/26 | 12 | \$168.00 | 29548 |
| | Thu | 4:30 PM | 5:00 PM | 1/09 | 3/26 | 12 | \$168.00 | 29549 |
| | Thu | 5:30 PM | 6:00 PM | 1/09 | 3/26 | 12 | \$168.00 | 29550 |
| | Fri | 10:00 AM | 10:30 AM | 1/10 | 3/27 | 12 | \$168.00 | 29551 |
| | Fri | 10:30 AM | 11:00 AM | 1/10 | 3/27 | 12 | \$168.00 | 29552 |
| | Fri | 5:00 PM | 5:30 PM | 1/10 | 3/27 | 12 | \$168.00 | 29553 |
| | Sat | 9:00 AM | 9:30 AM | 1/11 | 3/28 | 12 | \$168.00 | 29554 |
| | Sat | 9:30 AM | 10:00 AM | 1/11 | 3/28 | 12 | \$168.00 | 29555 |
| | Sat | 2:30 PM | 3:00 PM | 1/11 | 3/28 | 12 | \$168.00 | 29556 |
| | Sat | 3:00 PM | 3:30 PM | 1/11 | 3/28 | 12 | \$168.00 | 29557 |
| | Sun | 9:30 AM | 10:00 AM | 1/12 | 3/29 | 12 | \$168.00 | 29558 |
| | Sun | 10:00 AM | 10:30 AM | 1/12 | 3/29 | 12 | \$168.00 | 29559 |
| Kinder Ages 4-5 Years Old | Mon | 10:30 AM | 11:00 AM | 1/06 | 3/23 | 10 | \$100.00 | 29500 |
| | Mon | 4:30 PM | 5:00 PM | 1/06 | 3/23 | 10 | \$100.00 | 29515 |
| | Mon | 5:30 PM | 6:00 PM | 1/06 | 3/23 | 10 | \$100.00 | 29516 |
| | Tue | 10:30 AM | 11:00 AM | 1/07 | 3/24 | 12 | \$120.00 | 29517 |
| | Tue | 5:00 PM | 5:30 PM | 1/07 | 3/24 | 12 | \$120.00 | 29518 |
| | Wed | 4:30 PM | 5:00 PM | 1/08 | 3/25 | 12 | \$120.00 | 29502 |
| | Wed | 5:30 PM | 6:00 PM | 1/08 | 3/25 | 12 | \$120.00 | 29503 |
| | Thu | 10:30 AM | 11:00 AM | 1/09 | 3/26 | 12 | \$120.00 | 29504 |
| | Thu | 5:00 PM | 5:30 PM | 1/09 | 3/26 | 12 | \$120.00 | 29505 |
| | Fri | 10:30 AM | 11:00 AM | 1/10 | 3/27 | 12 | \$120.00 | 29507 |
| | Fri | 4:30 PM | 5:00 PM | 1/10 | 3/27 | 12 | \$120.00 | 29508 |
| | Fri | 6:00 PM | 6:30 PM | 1/10 | 3/27 | 12 | \$120.00 | 29509 |
| | Sat | 9:00 AM | 9:30 AM | 1/11 | 3/28 | 12 | \$120.00 | 29510 |
| | Sat | 10:00 AM | 10:30 AM | 1/11 | 3/28 | 12 | \$120.00 | 29511 |
| | Sat | 2:30 PM | 3:00 PM | 1/11 | 3/28 | 12 | \$120.00 | 29512 |
| | Sat | 3:00 PM | 3:30 PM | 1/11 | 3/28 | 12 | \$120.00 | 29513 |
| | Sun | 10:30 AM | 11:00 AM | 1/12 | 3/29 | 12 | \$120.00 | 29514 |

| Class | Days | Start Time | End Time | Start | End | # Classes | Cost | Barcode |
|--|------|------------|----------|-------|------|-----------|----------|---------|
| Beginning Swimmer Ages 6-16 Years Old | Mon | 6:00 PM | 6:30 PM | 1/06 | 3/23 | 10 | \$80.00 | 29483 |
| | Mon | 6:30 PM | 7:00 PM | 1/06 | 3/23 | 10 | \$80.00 | 29484 |
| | Tue | 6:00 PM | 6:30 PM | 1/07 | 3/24 | 12 | \$96.00 | 29485 |
| | Tue | 6:30 PM | 7:00 PM | 1/07 | 3/24 | 12 | \$96.00 | 29486 |
| | Wed | 6:00 PM | 6:30 PM | 1/08 | 3/25 | 12 | \$96.00 | 29471 |
| | Wed | 6:30 PM | 7:00 PM | 1/08 | 3/25 | 12 | \$96.00 | 29472 |
| | Thu | 6:00 PM | 6:30 PM | 1/09 | 3/26 | 12 | \$96.00 | 29473 |
| | Thu | 6:30 PM | 7:00 PM | 1/09 | 3/26 | 12 | \$96.00 | 29474 |
| | Fri | 6:30 PM | 7:00 PM | 1/10 | 3/27 | 12 | \$96.00 | 29475 |
| | Sat | 10:30 AM | 11:00 AM | 1/11 | 3/28 | 12 | \$96.00 | 29476 |
| | Sat | 11:30 AM | 12:00 PM | 1/11 | 3/28 | 12 | \$96.00 | 29477 |
| | Sat | 2:30 PM | 3:00 PM | 1/11 | 3/28 | 12 | \$96.00 | 29478 |
| | Sat | 3:00 PM | 3:30 PM | 1/11 | 3/28 | 12 | \$96.00 | 29479 |
| | Sun | 10:00 AM | 10:30 AM | 1/12 | 3/29 | 12 | \$96.00 | 29480 |
| | Sun | 11:00 AM | 11:30 AM | 1/12 | 3/29 | 12 | \$96.00 | 29481 |
| | Sun | 11:30 AM | 12:00 PM | 1/12 | 3/29 | 12 | \$96.00 | 29482 |
| Advanced Swimmer Ages 6-16 Years Old | Mon | 5:30 PM | 6:00 PM | 1/06 | 3/23 | 10 | \$80.00 | 29468 |
| | Tue | 5:30 PM | 6:00 PM | 1/07 | 3/24 | 12 | \$96.00 | 29469 |
| | Wed | 5:30 PM | 6:00 PM | 1/08 | 3/25 | 12 | \$96.00 | 29464 |
| | Thu | 5:30 PM | 6:00 PM | 1/09 | 3/26 | 12 | \$96.00 | 29465 |
| | Fri | 6:00 PM | 6:30 PM | 1/10 | 3/27 | 12 | \$96.00 | 29466 |
| | Sat | 11:00 AM | 11:30 AM | 1/11 | 3/28 | 12 | \$96.00 | 29470 |
| | Sun | 10:30 AM | 11:00 AM | 1/12 | 3/29 | 12 | \$96.00 | 29467 |
| Special Population Ages 6-17 Years Old | Mon | 4:00 PM | 4:30 PM | 1/06 | 3/23 | 10 | \$80.00 | 29540 |
| | Tue | 4:00 PM | 4:30 PM | 1/07 | 3/24 | 12 | \$96.00 | 29541 |
| | Tue | 6:00 PM | 6:30 PM | 1/07 | 3/24 | 12 | \$96.00 | 29542 |
| | Wed | 4:00 PM | 4:30 PM | 1/08 | 3/25 | 12 | \$96.00 | 29534 |
| | Thu | 4:00 PM | 4:30 PM | 1/09 | 3/26 | 12 | \$96.00 | 29535 |
| | Thu | 6:00 PM | 6:30 PM | 1/09 | 3/26 | 12 | \$96.00 | 29537 |
| | Fri | 4:00 PM | 4:30 PM | 1/10 | 3/27 | 12 | \$96.00 | 29538 |
| | Fri | 5:30 PM | 6:00 PM | 1/10 | 3/27 | 12 | \$96.00 | 29539 |
| Adults Ages 17 & up | Mon | 11:30 AM | 12:00 PM | 1/06 | 3/23 | 10 | \$80.00 | 29461 |
| | Mon | 5:30 PM | 6:00 PM | 1/06 | 3/23 | 10 | \$80.00 | 29462 |
| | Wed | 11:30 AM | 12:00 PM | 1/08 | 3/25 | 12 | \$96.00 | 29456 |
| | Wed | 5:30 PM | 6:00 PM | 1/08 | 3/25 | 12 | \$96.00 | 29457 |
| | Fri | 11:30 AM | 12:00 PM | 1/10 | 3/27 | 12 | \$96.00 | 29458 |
| | Sat | 11:00 AM | 11:30 AM | 1/11 | 3/28 | 12 | \$96.00 | 29459 |
| | Sun | 11:30 AM | 12:00 PM | 1/12 | 3/29 | 12 | \$96.00 | 29460 |
| Pre-Competition | Fri | 6:00 PM | 7:00 PM | 1/10 | 3/27 | 12 | \$192.00 | 29543 |
| Family Lessons | Sat | 10:30 AM | 11:00 AM | 1/11 | 3/28 | 12 | \$96.00 | 29499 |
| Adult Stroke Clinic | Tue | 8:00 PM | 8:45 PM | 1/07 | 3/24 | 12 | \$144.00 | 29454 |
| | Thu | 8:00 PM | 8:45 PM | 1/09 | 3/26 | 12 | \$144.00 | 29453 |
| Sr. Adult Ages 50 and up | Tue | 11:30 AM | 12:00 PM | 1/07 | 3/24 | 12 | \$96.00 | 29455 |

Women Single Gender Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment. During these programs the windows to the pool are covered and only female instructors are employed for privacy.

| Class | Days | Start Time | End Time | Start | End | # Classes | Cost | Barcode |
|--|------|------------|----------|-------|------|-----------|----------|---------|
| Kinder Ages 4 and 5 Years Old (Girls Only) | Sun | 6:00 PM | 6:30 PM | 1/12 | 3/29 | 12 | \$120.00 | 29519 |
| Beginning Swimmer Ages 6-16 Years Old (Females Only) | Sun | 5:30 PM | 6:00 PM | 1/12 | 3/29 | 12 | \$96.00 | 29487 |
| Women & Teens 12 Year Old & up (Females Only) | Sun | 6:00 PM | 6:30 PM | 1/12 | 3/29 | 12 | \$96.00 | 29463 |



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Lesson Tips of the Quarter

Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

Ripple # 1: ***It makes sure that every student fits their class.***

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

Ripple # 2: ***The student obtains and retains skills better.***

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

Happy Swimming!

Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to all swim lessons.